

Kenko Shimbun

November 2002

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U.S. NAVAL HOSPITAL, Yokosuka, Japan



Rush to Safety
Page 6

HM2 John Southwell and HM2 Dan Marko rescue a "child" at the recent disaster drill. (Photo by Tom Watanabe)

Happy Holidays and Spirit of Giving

Another holiday season is here, the New Year is just around the corner, and the spirit of giving abounds here at our command.

Congratulations to HMC Misa of Occupational Health and HM1 Barker of Ward 5-B and their team for heading up a most-successful CFC Campaign for us this year. We achieved 100 percent contact of staff and saw a 55 percent increase in funds raised for the Combined Federal Campaign.

These donations will benefit people throughout the world.

Here in Japan, children at St. Joseph's Orphanage in Tokyo will have a happier holiday season thanks to our First Class Petty Officers. HM1 Wende and the FCPOA ("Future Chief Petty Officers of America?") volunteered to sponsor this year's gingerbread village from the New Sanno. The village will be on display in our lobby for several weeks in December, and donations will be collected for the orphanage in Tokyo.

One First Class Petty Officer of note, HM1 Richard Sweet, was selected and

honored this month as the recipient of the JANAF (Japan Navy Friendship Association) Award for his volunteer work in the local community. Petty Officer Sweet is one of only a handful of Americans throughout Japan named for this honor.

Like it or not, good or bad, we are judged by our actions off base. I am proud that our staff members' good deeds – clearing beaches, helping people in need, and just being good neighbors – are seen in a positive light. This is true in Chinhae, Korea, and at all of our clinics in mainland Japan.

The good deeds extend on base, as well. Each week our staff members are involved with projects to help students at our DOD schools (and that's not to mention our EDIS team who does that every day!). I want to thank everyone who visited the schools for screenings, demonstrations, and instruction to our youngest beneficiaries.

This week's campaign for the schools has been "Tar Wars," led by respiratory therapy technician HM2 Huerta. Kudos to everyone involved in this and other smoking cessation initiatives. Several smokers in our own command have taken advantage of the opportunities and programs available to break the habit. Quitting tobacco is the most important step you can take to protect your health.

Staff members from our hospital and branch clinics are taking health promotion on the road, meeting with teachers, talking to ombudsmen, and giving flu shots to tenant commands. Great job!

Every Christmas holiday season needs a Santa Claus, and Chaplain Barry Baughman appears to be filling the role



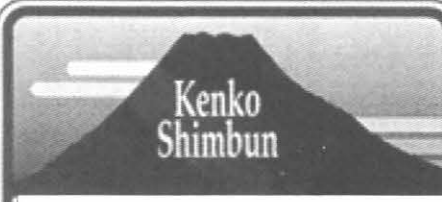
CAPT Adam M. Robinson, Jr.
Commanding Officer

this year. Along with the good work he does for us as spiritual counselor and head of command heritage activities, "Chaps" has instituted a Friendly Neighbor program this month.

Volunteers in the program help beneficiaries in the Stork's Nest and shipmates on Medical Hold with shopping, transportation, or just being a friend. The program is open to all faith groups or to any individual who just wants to be a "friendly neighbor."

So, as we enter the holiday season we have much for which to be thankful. We have much to celebrate. Thank you for your gift of commitment and hard work on behalf of our patients and fellow staff. Happy Holidays!

-- CAPT Adam M. Robinson, Jr.
Commanding Officer



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Commanding Officer: CAPT Adam M. Robinson, Jr.
Public Affairs Officer: Bill Doughty
Photographer: Tom Watanabe



On a perfect day . . . HMC(SS) Denfield Thomas took this beautiful picture of one of Japan's national treasures, the ancient Kintai Kyo, the bridge at Iwakuni, in southern Japan. Kintai is a famous tourist site here.

Oakleaf Children's Christmas Party!

Sunday, December 8, 2002

1300 – 1500

**The Oasis Cafeteria, 4th floor of SRF
(directly behind Fleet Theater)**



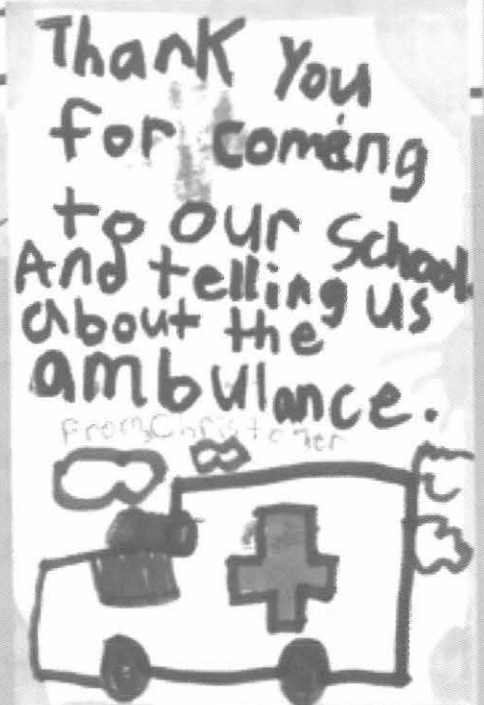
- **Tickets will go on sale soon! Look for our ticket table beside the Hospital Dining Room.**
- **Adult ticket: \$2.00; Child ticket: \$1.00**

Come celebrate the holiday season with us! There will be crafts to make and refreshments to enjoy for children of all ages. All Hands are welcome!

Thank You Hospital !!



Students from The Sullivans School recently learned what do in the event of an emergency, basic first aid, healthy habits, and more. They had hands on demonstrations, watched videos, and were able to go into the ambulance as well as ask questions. The instructors were awesome and the kids loved it. During the 4-day period we reached over 1,000 kids. Hopefully by learning these skills the kids can apply them in everyday life and maybe save a life too. The students showed their appreciation with hundreds of thank you cards to the corpsmen and nurses who spent time with them. (Text by Phyllis Rogers; layout by Tom Watanabe)



Hospital staff helps students and teachers

By Phyllis Rogers, Sullivans School Nurse

Educators' Day was held last month for all Kanto Plain Educators (about 600). It is an annual event and rotates sites every year. This year we were fortunate to host it.

Educators' Day is held so that teachers can share information and ideas for the classroom, health related topics, cultural topics and etc.

The health related topics were well attended. Topics presented were men's and women's health, childhood depression, ADHD, breast cancer awareness, health promotion, cholesterol screening, blood pressure screenings and more were offered.

Flu shots were also offered to all Yokosuka Complex (this includes Byrd and Ikego) educators by preventive medicine.



LT VanVoorhees takes a teacher's blood pressure.

From all the Educators in the Kanto Plain we would like to extend our deep appreciation to the USNH Yokosuka, especially PPIP, Health Promotions, Laboratory Dept, Preventive Medicine, EDIS and the Breast Health Initiative Committee for all their support.

Bravo Zulu to them all.

And more...

Last night was this year's first meeting of the Yokosuka Parent Support Group for Parents of Children with Special Needs. 20 adults (16 parents, 3 teachers, and Principal, Dave Russell) enjoyed participating in EDIS Pediatric Psychologist, Dr. Brian Hershey's, discussion of behavior management. New ideas and techniques for interacting successfully with children were shared and old ones reinforced (or discarded) as Dr. Hershey got participants to "play ball" or not, depending on whether they were demonstrating compliant or non-compliant behavior. Thank you, Dr. Hershey!

And even more...

The Hospital staff were awesome!! We screened over 600 kids in 2 1/2 days. We started out only to do 1st and 4th as required but since we'd had several 4th grade classes with a high percentage of failure we decided to screen as many third graders as we could. We did five 3rd grade classes today.

With their assistance we were able to not only screen them but have the referral letters out to the teachers the same day.

This week was parent-teacher conferences. This was the best time to get them out. What can I say? They were great.

Volunteers from the hospital were:

LCDR Rosenbaum

Dr. Solomon

LCDR Hartley

Ms. Pfeiffer

LT Luley

HM3 Sorano

HM3 Burke

HM3 Dizon

HM3 Dolar

HM1 Echavaria

HA Anderson

Thank you so much to everyone for their support. They have made a difference in the lives of many children.



Hospital Corpsmen HN Germain and HN Black show EMS techniques with LT Torres of the ER.



Pay patients get schooled

By Theresa Botkin, Ikego School Nurse

Recently a group of Hospital Staff members spoke to the Ikego Elementary School teachers about the new Private Pay Issues at Naval Hospital Yokosuka. The hospital staff explained with great detail how the new policies affected private pay patients. Ikego Elementary wants to thank: LTJG Worley, LTJG Pyles, LTJG Espiritu, LCDR Hawkins and Ms. Annie Jimenez for coming out to Ikego and keeping us informed. (Photo courtesy of Ms. Botkin) NOTE: This group, augmented by several other hospital leaders, also visited the Negishi and Yokosuka schools -- Ed.

Weapons of Mass Destruction Drill Brings 'Surprises'

A bystander calls the Emergency Room and reports people pouring out of a building — coughing, stumbling, eyes watering. There's a funny smell, like almonds, in the air.

So began Yokosuka's recent mass-casualty drill, testing emergency response to an attack with cyanide gas, a chemical weapon of mass destruction. The drill was designed with lots of built-in surprises.

First on the scene were hospital EMTs who had to stay secure in their ambulances until the area and casualties could be decontaminated by firefighters from the Consolidated Fire Department of Commander Naval Forces Japan.

"If you recall the last drill," said Hospital Corpsman Third Class Gregory Timme, "the EMTs, the first responders, ended up 'dying' because the patients ran up to them and contaminated them. This time the EMTs evaluated the scene from their vehicle, posted about a hundred feet away from the disaster site, and that's the way they're supposed to do it."

Hospital leaders quickly notified the SMORT (Special Medical Operations Response Team) and activated the disaster plan, said Timme, an experienced Emergency Medical Technician, who served as a controller/evaluator. Periodically, he and other controllers added new scenarios or twists during the drill.

"With a couple of patients, at first their

vitals were within normal limits, then we had them start seizing to see what the EMTs and SMORT members would do, and they treated the patients appropriately," said HM3 Timme.

"We had a baby a few seconds ago (actually a manikin) who stopped breathing, no pulse," Timme continued. "They started CPR, did everything they needed to do, and got the baby to the ER as fast as they could."

LT Kyle Lim, a Medical Service Corps officer and Head of Industrial Hygiene at U.S. Naval Hospital, Yokosuka, Japan, served as a member of the SMORT. His team had to make a sudden change when controllers announced that their usual fire hydrant, used for decontamination, was "out of commission," even though it wasn't!

"That was totally unexpected," said Lim after the drill. "We're used to having a water source where we usually set up. That was changed at the last minute, so we had to drag everything out here and find a new fire hydrant."

Several members of the SMORT were then "tapped out" — told they were exposed to cyanide and were now, themselves, casualties.

"As short-manned as we were already that sort of hurt us," said Lim. "But, we were able to stand our ground and 'decon' all the patients that came through."

With a simulated childbirth in the triage area, a secondary explosion on the scene, an actual power outage in the hospital, and a series of realistic drills involving combative psychiatric casualties, this recent disaster drill tested many of the limits of Yokosuka's health care system.

But, according to Lim, "It was an outstanding drill, and it keeps us on our toes, definitely."

Drills are held periodically not only at the hospital in Yokosuka, but also at branch medical clinics throughout mainland Japan, including Sasebo, Iwakuni, and Atsugi.

Training Gets Us Ready

By LT Barry Smith, General Medical Officer

U.S. Naval Hospital Yokosuka conducted its first hospital-wide Emergency Disaster Management Standdown. Over a period of seven days the entire hospital staff of over 550 were trained. Topics included an overview of chemical casualties, triage, patient tracking, manpower, supply, and public affairs issues related to the hospital's response to an actual disaster.

In addition, personnel were introduced to the SMORT Team (Special Medical Operations Response Team) as well as the Decontamination Team and what they do in disaster situations. The program idea originated from critical care nurse LT Michelle Gust.

The goal of the program was not only to integrate the front line responders, but also to acknowledge that in an actual disaster situation it would take every person, physician to housekeeper.

To this end Ms. Megumi Kurisaki developed a Japanese version of the training to be viewed by the personnel who do not speak English.

Overall the program was a tremendous success whose goal was achieved.

Our mission is to be prepared for every scenario regardless of what time of day or night.

I want to acknowledge all of the presenters from the various departments who lent their expertise in training the staff. We here at Naval Hospital Yokosuka feel that it takes a team and we want to practice how we will fight.



Casualties try to overwhelm first responders from the Fire Dept.



After Casualties are properly 'deconned' they are brought to the hospital by SMORT (Special Medical Operations Response Team). Among the surprises in the recent Disaster Drill were a childbirth in the triage area and a power outage within the Hospital. Lab, ER, and wards had to adapt. Evaluators gave good marks to the USNH team for its ability to adapt and overcome these and other challenges.





Post Office a blur of action during holidays

Navy Photographer's Mate PH3 John Woods captures the fast, furious pace on a typical day for the Hospital Post Office. PC2 Chuck Dry, Mr. Andre Sullivan, SH3 Zisek, EN3 Schubbuck, and a host of volunteers work long hours on our behalf. They want you to know that the holiday deadline for Space Available mail is November 27; Parcel Airlift is December 4, and Surface Mail is November 6. For 1st Class letters and Priority Mail, the deadline is December 11; express mail to and from the States is December 19.



Bladder Health – Water you gonna do?

By HN Lollita Williams

This week is National Bladder Week and I love it. I continue to bring my gallon of water to work every day and I guzzle it down. Some of my co-workers see me either coming or going from the head but that is because I made my decision to “go”.... you know...pee.

But I wasn't always like this. When I was in high school, I drank sodas constantly. I was in band, cheerleading and track and no matter how much I exercised I would only drink sodas. Not an ounce of water.

I also remember deciding not to pee. You see I was one of those people who didn't like to use public facilities. I would eat and drink all I wanted but when it came time to “go,” I'd wait until I got home and if that meant holding it for 6-7 hours...so be it.

However . . . I ended up with stress incontinence from holding my bladder waaaaaay past full. Furthermore, I couldn't laugh or a little would come out and then I'd be miserable until I got home.

Needless to say, I had an unhealthy bladder and several urinary tract infections. I'd go to the doctor, get meds and be “cured,” but I kept getting them because of the halo effect. You know...when you do something bad, you act right just till things blow over. Well, that was me.

The doctor would diagnose me with a UTI, give me meds and then that's when I'd decide to drink lots of water and cranberry juice. But as soon as things cleared up, I was back to my old soda-addict-no-peein' self.

Until one day I had to tell my mom that I was having a lot of pain when I went. We went back to the doc and that's when he dropped the bomb on me. He said that eventually my kidneys would fail if I kept it up.

He knew from the tests that I wasn't drinking water because there was way too much protein in my urine.

Plus, I'd have to schedule my life around dialysis treatment at least three to four times a week. I freaked out. You mean me, a high school cheerleader, dating the MVP football player of our rival school may eventually have kidney failure. Oh, hell no!

Doc gave me meds...again, and told me I had two weeks to clean up my act and then we'd take it from there.

Man, ya'll shoulda' seen me. I turned into a camel. I was drinking so much water, our county had to open up the reserves. I peed every hour on the hour and if that wasn't bad enough, my mom thought I'd turned into a cran-addict. She couldn't keep enough cranberry juice in the fridge and if we ran out in the middle of the night, I'd hit the streets and dark alleys with my allowance lookin' for cranberry dealers.

“Come on, man, five dollars for just one glass of cran? Oh come on, all I got is three. Come on man, I'll get you next time; you know I'm good for it. I just need a little hit of cran to tie me over till the store opens in the morning. Come on man you know I'm sick.”(Laugh)

I was determined to have healthy kidneys, bladder, everything, and after a while, I did.

I learned my lesson but no one should ever let it get that far. Follow some basic rules: Drink plenty of water. Don't urinate just in case; just go when your bladder “says” you have to go. If your bladder is giving you problems cut back on the sodas, alcohol and caffeinated drinks and drink some good ol' cranberry juice every now and then.

And finally, if you feel pain or a leak or if your urine is a really odd color go see your doc or nurse.

Remember, a healthy bladder means a healthier you.

Operation Uplink helps troops phone home

Sailors and Solders stationed overseas will be provided free phone cards during the holiday season thanks to a partnership between Veterans of Foreign Wars and three multi-million dollar corporations.

Wal-Mart has promised to furnish all military personnel serving overseas with a 60-minute AT&T phone card between Thanksgiving and Christmas, said Mike Meyer, the administrator of corporate development for VFW Foundations. Each phone card will be enclosed inside a Hallmark greeting card and transported free of charge by Federal Express, Meyer added.

Through Operation Uplink, the phone-card project that began three years ago, 500,000 cards will be delivered this holiday season, Meyer said.

“Since the inception of Operation Uplink, one million cards have reached military personnel worldwide and hospitalized veterans.”

“We want to show our men and women in uniform that we support them,” Meyer said. “So Operation Uplink is to boost morale and relieve the burden that expensive phone calls can cause.”

This year the VFW is receiving support from corporate sponsors, but in the past, funding has come from VFW Foundation membership dues and donations raised by its ladies auxiliary, Meyer said.

Those interested in contributing to the fund, or who would like to request phone cards, can go to <http://www.vfw.org/>

(Information courtesy of Command Ombudsman Ms. Maravilla)

Why does the Navy do it *THAT* way???

By Darlene Maravilla,
Command Ombudsman

A lot of times I hear "Why does the Navy do it **THAT** way!?" Usually when that particular question is asked it is said in angry, frustrated, scornful, or bewildered tones of voice. So, let's ask nicely: "Why **DOES** the Navy do it that way?"

Well, the best way to find out something is to go to the source.

Did you know that the Navy has several dozen websites running to specifically answer questions, provide information, and generally keep a Navy member (and/or their family member) well informed and up-to-date with the latest information? Well, if you didn't you'll no longer have that excuse after reading this article!

Let's take the question that I hear every so often from our new members: "**How much Overseas Housing Allowance (OHA) are we authorized for the Japan area?**"

Let's go to the website that knows and explains it in a simplified and easy to understand format: <http://www.dtic.mil/perdiem/> or the Per Diem Committee website. Click on the "RATES" tab at the bottom of the page.

You'll come up with a menu showing twelve different categories. Click on number 9. OHA and read the description of what OHA is and how it works for the servicemen/women and their families.

Then click on the "Rate Query by Location" tab located to the left of the screen and enter the code for Yokosuka, Japan (JA061), the pay grade of the sponsor and how many family members, click "execute" and... **Voila!** There you are, the total amount authorized for the pay rate and number of family members for your situation.

Go in and play around a bit. Check out the other categories while you are at it.

You'll see that the difference between an E-4 with family members is not that much different than what an O-6 with family members makes. Yeah, right, you say...

For real! Try it, there is about a \$600 difference in the rental ceiling allowance and NO differences at all in the utilities and move in housing allowances.

"Why?" you might ask

It is because the U.S. Government is aware of the high cost of housing in Japan, for even the smallest of rentals homes, and the government wants all of its members to have comparable housing to what would be afforded if you and your family were stationed stateside.

What you and your family members need to keep in mind is that you are living in a foreign country whose housing standards are very different from the US housing standards. A smaller living space per individual, little to no insulation, and no central air or heat, to name a few of the differences in the housing construction. And then there is the bathroom difference -- no tub to stretch out in, a "mini" washer and dryer and (here's a good one), HEATED toilet seats and bathroom floors. Yeah, I liked those!

Oh, but I digress here, back to my "info" websites.

Every heard of SITES?

Standard Installation Topic Exchange Service, commonly called SITES, is located at <http://www.dmdc.osd.mil/sites>.

It has worldwide relocation information on major military installations for use by Service men and women and their families during permanent change of station moves. Why don't you check out Yokosuka, Japan? See what it says.

And how about DFAS, Defense Finance and Accounting System, <http://www.dfas.mil/> or Employee/ Member Self Serve, <https://emss.dfas.mil/emss.htm>.

Either one can help you with your military or civilian pay adjustments, review an LES, or look into available insurance rates.

Of course, you would want to have the permission of your spouse before you go into his/her account. But for you service members who hesitate to share that information with your spouse, "Why not?"

Your spouse **SHOULD** be aware of what goes on pay wise within the family group, just in case something were to happen and she/he might have the need to know financially where the family is at. Trust and knowledge work **BOTH** ways.

(Continued on page 11)

Have you ever wondered how to find an old Navy buddy, either active duty or civilian? Check out: <http://www.navydirectory.smartlink.navy.mil/>. You'd be surprised at who is still on active service and/or retired and now working for the Navy as a civilian employee. I've found several "old salts" and we're keeping track of each other through the system.

Here's one for all the Navy Spouses out there: <http://www.lifelines2000.org/familyline/home.asp>. Formerly called the Navy Wifeline Association, it changed its name in 1999 to more accurately reflect those it serves and is now known as Naval Services FamilyLine. Today, FamilyLine continues to provide the groundwork through an all-volunteer effort to establish a world-wide support network for Navy, Marine Corps and Coast Guard service members and their families.

How about a big one for both the military and family members: <http://www.bupers.navy.mil/>, the Bureau of Naval Personnel. You name it, this website has it, information on dozens of topics ranging from Tricare, to voting assistance, and Quality of Life Programs. Not to mention, retirement, uniform standards and current Navy instructions and regulations. All geared to be as easy to use as possible for both the military or family member.

And, of course we have the CNFJ and CFAY websites at <http://www.cnfj.navy.mil/> and <http://www.cfay.navy.mil/> respectively. Very informative and easy to use websites that should be a weekly, if not daily, review for all members.

And last but not least, we wouldn't want to NOT mention our own site! For those of you who haven't, please review the combined USNH and USNDCFE website at: <http://204.222.45.198/>

Find out all the good things going for you being a family member of a great community at a great overseas location.

For those of you in the know . . .

I am always looking for great information sites and if you know of any please share them with me and I will get them out to the community for everyone to enjoy.

For now, Jya ne, until next month.

(Editor's note: Darlene's article is very helpful and contains valuable links -- http:, www, etc. If you'd like this article to be sent to you electronically, so you can just click on the links to get to the website you need, please send an email to pao@nhyoko.med.navy.mil. Thank you!)

Extra Extra Read All About It . . .

Essay Contest '03

What it is: A contest where you tell the Armed Services YMCA and co-sponsor U.S. Naval Institute why you like to read!

What you get: Top prizes of \$1,000 and \$500 for grade categories with a total of \$5,000 in U.S. Savings Bonds to be awarded to winning essays from first to twelfth grade.

What you do: Write about reading -- your favorite book, author, library, why you like to read, your favorite person to read with, whatever! And send it in to the Armed Services YMCA. Students in eighth grade and below should keep their essays below 300 words; high school students may write up to 500 words. (Go to http://www.asymca.org/essay_contest.htm for more ideas.)

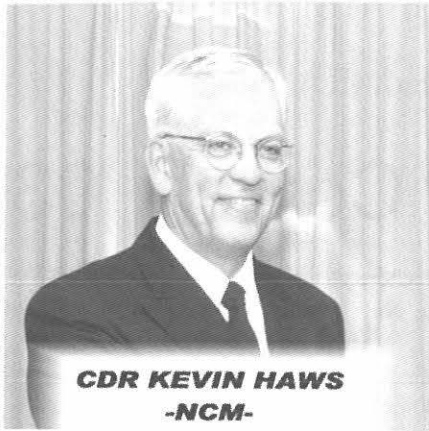
Who wins: Six categories compete for top prizes: first and second grades; third and fourth; fifth and sixth; seventh and eighth, all compete for a \$500 U.S. Savings Bond for each category, plus \$100 bonds for second place. Ninth and tenth, and eleventh and twelfth grade students compete for \$1,000 bonds, plus \$200 bonds for second place. All essays reaching the final judging stage will receive certificates of honorable mention.

Who can enter: Children and teens of the uniformed services (active-duty, Reserve, Guard and retired), and civilian (DOD and Coast Guard) families.

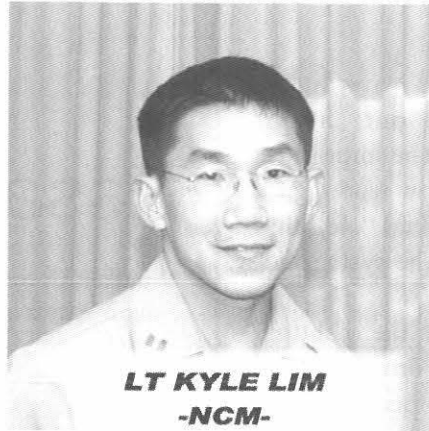
How to enter: Entries must be mailed or emailed by March 17, 2003, but NOT BEFORE NOVEMBER 1, 2002. You may print an entry form, or include the following information at the top of each essay: student's name, age and grade; address; phone number or email a parent may be reached; parents' names; service affiliation and rank of military member, if applicable; military installation; and if student attends a Defense Department school, the school's name. Missing information has disqualified entries in the past, so please include it all! All entries submitted become the property of the Armed Services YMCA and cannot be returned.

When to enter: Entries should be postmarked no later than March 17, 2003 to be eligible. We do wait for overseas entries to arrive! Send your entry to: Armed Services YMCA, Attn: Essay Contest, 6359 Walker Lane, Suite 200, Alexandria, VA 22310. Got a question? Check out the on the Frequently Asked Questions (FAQs) on the website: http://www.asymca.org/essay_contest.htm, but if you don't find the answer, call us at 703-313-9600, or email essaycontest@asymca.org.

Recognition



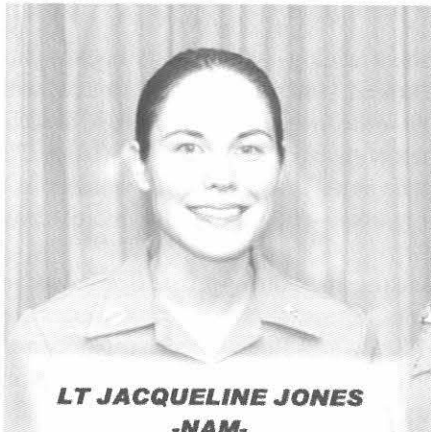
CDR KEVIN HAWS
-NCM-



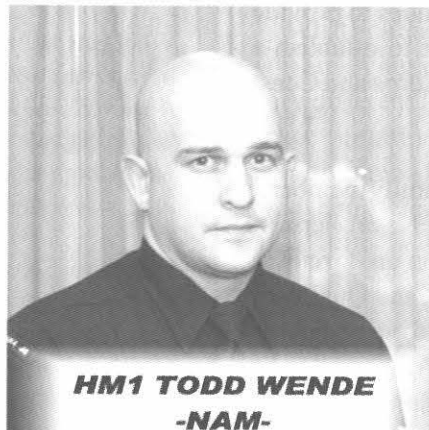
LT KYLE LIM
-NCM-



LT CHRISTOPHER NASIN
-NAM-



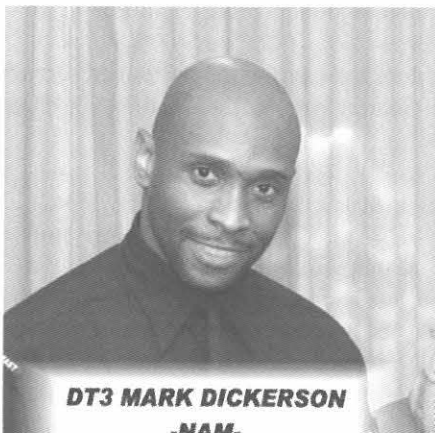
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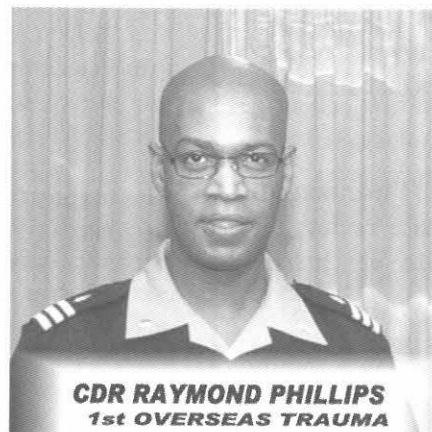
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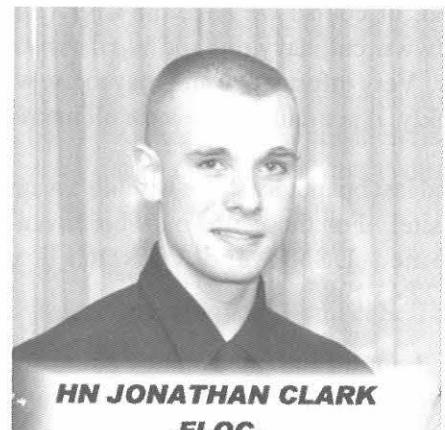
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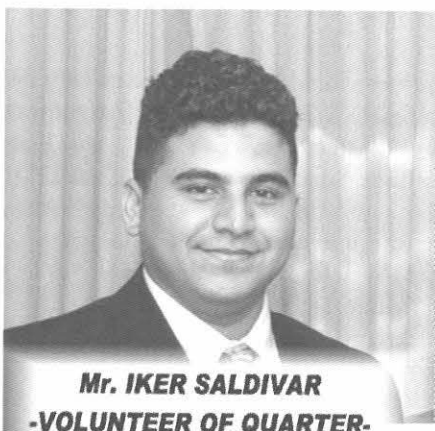
DT3 MARK DICKERSON
-NAM-



CDR RAYMOND PHILLIPS
1st OVERSEAS TRAUMA
SYMPOSIUM



HN JONATHAN CLARK
-FLOC-



Mr. IKER SALDIVAR
-VOLUNTEER OF QUARTER-



Ms. LOUISE MATSUNO
-CIVILIAN OF QUARTER-



HM3 LAWRENCE LARANANG
-MERITORIOUS MAST-

CONGRATULATIONS!!

-PROMOTED-

Left to right:

**HM1 KIRK HENDGES
HM1 JOSEPH PAUL
HM1 JOSEPH USON**

*(Pictured with CMDMC C.
Gibb and CAPT Robinson)*



**HM2 ANGELA RODRIGUEZ
HM2 WILLIAM HUTCHESON
HM2 MERIZA TAYLOR
HM2 CHRISTIAN SHOTWELL
HM2 JONEL TAYAG
HM2 KEVIN WESTENKIRCHNER
HM2 FERNAN AQUINO
HM2 DENNIS REYES**



**HM3 PHILLIP BENNETT
HM3 CHAD VIGUE
HM3 JASON BOWE
HM3 JEFFREY ROSS
HM3 TIMOTHY THOMAS
HM3 RACHELLE BUCAO**





'Life Cycle of the Navy' Ceremony at Iwakuni

By Lt. Timothy Jirus
Industrial Hygiene Officer, Iwakuni Branch Clinic

Recently the staff at Branch Medical Clinic Iwakuni, Japan experienced a day that Hospital Corpsman Chief Petty Officer Neal O'Hanrahan termed the "Life Cycle of the Navy." The small clinic at Marine Corps Air Station Iwakuni experienced a reenlistment, a frocking, and a retirement – all on the same day.

"It is like seeing birth, life and death in the Navy, in a way," said O'Hanrahan, who retired after 20 years of Naval service.



LT Gino Narte reenlists HM1 Gilberto Ramos above; top: CDR Albia presents a plaque from the MCAS Iwakuni CPO Association to Chief O'Hanrahan; top right: The flag is solemnly passed.

The day began with a reenlistment ceremony for Hospital Corpsman First Class Gilberto Ramos, who opted to continue his Naval Service for another five years.

A 14-year Navy veteran, Ramos said he was happy to be part of this series of events and especially happy for his family. "This is the first time my wife will be able to see me re-enlist."

Ramos earned a Bachelor's degree in Health Care and is working towards a Master's degree in Human Resources. "I look forward to pursuing Officer Commissioning programs during my next enlistment and trying to extend my military service."

Hospital Corpsman Second Class Robert Nevins, Hospital Corpsman Third Class Veronica Rangel, Hospitalman Michelle Metzler and Hospitalman Sophia Ray were all advanced to the next higher rank following the re-enlistment ceremony.

"I feel privileged to be part of today's events," said Rangel. After being frocked both Rangel and Ray became part of the flag detail, a poignant part of the retirement ceremony in which the American flag is passed reverently from one shipmate to the next.

The flag detail symbolized the 'lifecycle' for some. "If Chief O did not retire then we could not get promoted," said Metzler.

"This is the natural order of advancement in the military," explained Chief O'Hanrahan, "and I have no qualms stepping aside so that other people can grow professionally and personally."

Of his 20 years of naval service, Chief O'Hanrahan served six at the Branch Medical Clinic and called it "an honor and privilege" to serve the community here in Iwakuni. "Chief O," as he is affectionately called by the staff, was an Independent Duty Corpsman who worked in the Urgent Care Clinic and Family Practice Clinic while stationed in Iwakuni. He also earned his Bachelor's degree while serving in the Navy. He said he looks forward to taking time off after retirement.

Commander Don Albia, Officer in Charge of Branch Medical Clinic Iwakuni, was the guest speaker for the retirement ceremony and praised Chief O'Hanrahan for his dedicated service in Iwakuni. "Chief O'Hanrahan is one of the reasons why Iwakuni has such a high customer satisfaction rate among our patients."

"I plan on taking off about six months before I put my college degree to good use," joked the now-titled "Mr. O'Hanrahan." He will be moving to Ramstein Air Force Base in Germany where his wife is currently working as a DOD school counselor.

Meanwhile, the "Lifestyle of the Navy" continues at the Iwakuni Branch Medical Clinic of U. S. Naval Hospital, Yokosuka, Japan.

Yokosuka Scout Earns Top Rank of Eagle

By CAPT Murray Norcross
Medical Director, USNH Yokosuka

In an Eagle Scout Court of Honor ceremony convened at the Yokosuka Officers' Club on Sunday night November 17, 2002, Nathaniel Norcross, son of CAPT and Mrs. Murray Norcross, was advanced to the prestigious Eagle Scout rank, the highest award in the Boy Scouts of America. Nathaniel is a member of Boy Scout Troop #35, chartered to U. S. Naval Hospital, Yokosuka, Japan, and attends Kinnick High School and is an active member of the Roman Catholic community at the Chapel of Hope.

He joins U. S. Senator Bill Bradley, Astronaut James Lovell Jr., former U. S. Presidents Gerald Ford and Jimmy Carter, Secretary of Defense Donald Rumsfeld, and Film maker Steven Spielberg.

Only one of 3 Boy Scouts completes this award. The award is a standard-based achievement, which means that all Scouts have the opportunity to meet the standards. More than 1 million Boy Scouts have become Eagle Scouts since 1911.

The featured speaker for the evening was CAPT Michael Seifert, Commander, Fleet Activities, Yokosuka. In his remarks, CAPT Seifert told the gathering that Nathaniel's initiative of staying with Scouting through the

years despite moving from various duty stations such as Bahrain, Rhode Island, Tennessee, and now Japan is a testament to his development of tolerance for others, citizenship in his community, and growth into a trusted leader.

CAPT Seifert commented on how pleased he was to see Scouts such as Nathaniel helping his community in times of need such as in the days after 11 September 2002 when youth organizations on the base assisted off base residents in moving their groceries to a satellite parking area. CAPT Seifert finished his remarks by praising Nathaniel for a job well done in the completion of his Eagle Scout Service project which renovated the main hallway of the Takusan Treasures Charity Gift Shop run by the Yokosuka Officers' Spouses Club.

The greatest test for an Eagle Scout is the planning and leading of a meaningful community service project. Nathaniel Norcross' Eagle Scout Service Project was to make renovations to the Takusan Treasures Charity Gift Shop run by the Yokosuka Officers' Spouses Club.

In January 2002, Nathaniel developed the plans, organized, and later supervised the painting of walls, steam cleaning of carpets, and the installation of new storage shelves, all the while managing over 20 Scouts and adults.

Nathaniel's Eagle Scout service project was a success, greatly improving the appearance of the Takusan Treasures Gift shop and making it

a more enjoyable place for customers to shop.

To become an Eagle Scout a boy must progress through the ranks of Tenderfoot, Second Class, First Class, Star, and Life Scout. He must earn 21 merit badges of which 12 specific badges are required. He must serve satisfactorily in leadership positions. He must participate in troop service projects. He must demonstrate commitment to Scouting values and show "Scout spirit."

Once Nathaniel's project was completed, he underwent a final board of review that he passed successfully. The board of review then forwarded his completed application to the National Court of Honor for final approval at the Boy Scouts of America headquarters in Irving, Texas.

Eagle Scout Nathaniel Norcross joined as Cub Scout in Portsmouth, Rhode Island. Over the course of his Scouting life, he has earned all of the Cub Scout and Boy Scout ranks. In addition, he has earned over 40 total merit badges.

His Scout activity participation includes camping with Troop #35 at various Boy Scout camping events at Tama Hills, Camp Zama, Ikego, and Mt. Fuji.

For more information on how to join Cub Scouts or Boy Scouts, contact Mr. Derek Hartley at the area Boy Scout Office at 263-7497 or e mail boyscout@zama.army.mil

Eagle? Aye!

Nathaniel Norcross, son of CAPT Murray Norcross and Mrs. Ann Norcross, earned the highest rank of the Boy Scouts of America -- Eagle. Nathaniel was honored recently in a Court of Honor ceremony in Yokosuka.

Pictured at right: CAPT Murray Norcross, Chaplain Kevin Deeley, Nathaniel Norcross, Mrs. Ann Norcross, sister Monika Norcross.

(Photo courtesy of Norcross family.)



Bravo Zulu

The staff from OB/GYN Clinic to Ward 3AOB was outstanding. They were always helpful and very professional. A special Good-Job goes to **LT Cynthia Ferguson**, **LCDR Steven Kewish**, and **HN Peter White** for all the support they gave my wife and newborn son.

The care given to me during my stay on **Ward 3AOB** was excellent. The doctors, nurses, and corpsmen were very thorough, friendly and approachable. I was very comfortable, and they helped a lot in my recovery. Thank you very much. **OR** was also very good in their service and care. My operation went great!

HM3 Miguel Armat is very helpful. He is a very nice person with a lot of patience. Keep up the good work. Good Job!!!

I appreciate our naval colleagues, Ophthalmologist **Dr. (LCDR) Cary Harrison** and Optometrist **Dr. (LCDR) Daniel Rosenbaum**. They did their job on their own effort. They were able to adjust the eye medication I was taking and to help the healing of my cornea. I also appreciate the chance to see **Dr. (CAPT) James Marron** when he came to Yokota. He was able to answer many of my questions on long-term prognosis as well as to give me a thorough check-up. He also saw me as a walk-in the next day to remove some eye sutures.

Ward 3AOB staff who took care of my wife was patient, understanding, and professional. We felt very comfortable asking questions. Special thanks to **Dr. (LCDR) Christopher Reed**, **LTJG Mary Escusa**, and **DR. (LCDR) Steven Kewish**. My wife and I thank **Dr. (LT) Elizabeth Small-Pal**, **LTJG William Horcher**, **LT Imelda Ashman**, **HN Emilie Wolfley**, and **HN Leslie Roselius** for their professionalism and outstanding job with my daughter's delivery.

What an awesome professional staff you have on **Ward 3AOB**! The entire staff was extremely knowledgeable and dedicated to their mission. We would like to recognize especially **LT Brett Witt** who met my wife's needs throughout the entire stay. Despite the numbers of questions we had, he remained patient and professional. Other key professionals are **HM3 Francis Asuncion** who is a great baby bather, **LTJG Mary Escusa**, **HN Brandy Lovelady**, and **HM3 Rachelle Bucio**. We can also tell that **Dr. (LCDR) Steven Kewish** truly enjoys what he does, and he is good at what he does.

I would like to thank all the doctors, especially **Dr. (LT) Elizabeth Small-Pal**, **Dr. (LT) Kelly Nichols**, and **Dr. (LT) Marjorie Nasin**, nurses and corpsmen on **Ward 3AOB**, and the staff in **OR**. I was very satisfied with my operation. "Thank You" to **LT Imelda Ashman**. I would also like to thank **HM3 Francis Asuncion**, and **HN Luis Valle** for watching my baby for me so that I could get a good rest. All staff members who worked during my stay helped me get through the day. Thank you.

BZ to Dr. (LT) Christopher Nasin for the outstanding acute care rendered to me in ER. My long-term illness gave way to experience the level of outstanding Family Team Health Care that USNH offers its patients. Thanks for being there for me. I hope that I won't require further medical care, but if I hear his name, my confidence in the care provided will ensure a speedy recovery.

I would like to extend my great appreciation to the staff of **Ward 3AOB and OB/GYN Clinic**, **LT Paul Hladon**, and the staff in **Galley (Nutrition Dept.)** for the outstanding service and care given to my wife for the past nine months and these past few days since she gave birth to our first baby. I wish I can put into words the appreciation I feel for the staff of **Ward 3AOB**, especially **LT Elizabeth Small-Pal** and **LTJG Mary Escusa** for the experience that will last for my entire life. I would also like to thank **Dr. Hladon** for the superb care given to my family by keeping us informed on the health and progress of my wife and baby. **BZ** to a job well done to the staff mentioned above.

I appreciate the help and understanding from the **ARD counselors**. Thank you for helping me and being honest about my problem.

Dr. (CDR) Richard Schroff and **Dr. (LCDR) Christopher Reed** are both good and knowledgeable doctors. The staff of **Ward 5B** did an excellent job of taking care of me.

I highly recommend the excellent jog of **LT Michael Service** be acknowledged. He is very accommodating to his patients. Thank you!

HMC Denfield Thomas was very informative and helpful.

I just wanted to give a big **BZ** to the **ENT** and **OR** staff. I felt very safe. Special thanks to **Dr. (LCDR) Mason Dang**, **HM2 Gregory Thomas**, **HM3 Vernon Thomas**, and **ENS Thomas Yawn**. Thank you so much!

I was met and handled with the most professional care and service in my 20-year carrier. The following individuals were outstanding toward patient care. **HM3 Miguel Armat** provided constant monitoring around the clock. **LT Angela Harber** and **HN Jonathan Clark** ensured that meals, medications, and comfort were maintained with the utmost courtesy.

I was overwhelmed by the kindness and professional of the hospital staff. I was made to feel very comfortable and cannot imagine that I could receive better treatment anywhere. The **MEDEVAC personnel** were also very accommodating and very well organized.

HM3 Jason McDonald has helped me tremendously with my medical board process. He explained everything very clearly to me and helped me understand the findings and respond to them as well as checked out of the hospital in an orderly fashion. He has always helped me with all questions and concerns.

HM3 Jason Erickson and **HM3 Nicole Campbell** helped me out greatly with my grand daughter. I would like to say "Good Job, Guys" for all their help.

Ms. Sandy Murphy-Brown in Radiology was an excellent technician. She has excellent people skills and was very comforting during my mammogram. It is truly a joy to have a person with great interpersonal skills.

My family and I have had nothing but **SUPERB** treatment at USNH. We cannot say enough positive things about the people who work there such as **Dr. (LT) Jeremy Bragdon**. I have begun seeing **LT Michael Service**. Not only are these competent medical professionals, they treat us like people they really care about. It is not just a job to them. I hope the general population in Yokosuka realizes how lucky we are to have such great medical care. Having spent 24 years in the U. S. military, I can attest that it is certainly not that way everywhere.

I would like to thank **Ms. Yumiko Okuno** for her outstanding assistance during my wife's hospitalization.

Post Office is providing outstanding service to the command. A perfect example is services provided during Christmas holidays when their office is short-staffed. **HM3 Jay Guerrero** provided excellent customer service with great attitude. I appreciate prompt, friendly, and courteous service. **PC2 Charles Dry** also provided good customer service.

I would like to commend the **Ward 5B staff**, **LT Linda Kowalski**, **LTJG Prescott Palmer**, **ENS Thomas Yawn**, and **ENS Horace Steward** for making my stay pleasant. They always looked after my needs and were there to lend me a helping hand. Thank you.

I would like to appreciate **Dr. (CDR) Stephanie Young** for having fortitude in waiting more X-rays for preventive measures. She deserves a "Job Well-Done."

DT3 Mark Dickerson displays the kind of quality customer service that is needed in the Navy. Hopefully, his seniors and peers will emulate his performance and make our Navy a better place to work and live.

I would like to recognize **HM3 Stephanie White**, **HA Micah Woods**, and **HM3 Giovanni Lozano** for their outstanding customer service and patient care. They always go the extra mile.

I would like to thank **Ms. Yoriko Nemoto** for all her help with our transportation from Narita to Yokosuka. It all worked out wonderfully. The driver, **Mr. Yoshihiro Yoshinari**, was very kind and went out of his way to drop off our friend at her house off base and then took us to our house on base. It was a BIG help because of all our luggage.

I always get the best professional treatment at USNH, Yokosuka. I really appreciate the way you treat me as a 24-year retiree.

I would just like to pass on a "Job Well-Done" to **HM2 Eric Koski** at the Pharmacy window. He took care of my medications in a professional and courteous manner. **HM2 Koski** did not hesitate my request when I told him that I was deploying. He quickly provided me six-month supply of my medication.

I would like to thank **CAPT Adam Robinson, Jr.** for his assist in keeping our HSD Clinic manned/augmented with the right folks. Our HSD has been doing an unprecedented amount of work serving a population that is unique from any USN Medical Facility DoD wide, and the clinic would have been hard pressed to provide the quality of service without the help of some of your staff. **Dr. (LCDR) Michael Weiner** and **LT Ruel Enriquez** were uniformly superb! **Dr. Weiner** and **LT Enriquez** seamlessly blended in with the staff and the wardroom and did their job as though they had been stationed here during their entire tours.

I would like to commend **Dr. (LCDR) Andrew Schiemi** for the superior care he has provided for my infant son. He has demonstrated a genuine concern for the well-being of my son and has gone above and beyond the call of duty in providing him with the services upon his health. **Dr. Schiemi** has earned my trust and has instilled my faith in the medical profession. I cannot emphasize enough how much it means to me to find a doctor who is competent, diligent, and caring such as **Dr. Schiemi**. This is a true comfort, especially while living overseas. **Dr. Schiemi** has provided my son with individualized attention.

The staff in **Emergency Room**, **LT Jill Dawson**, **LT Tracey Torres**, and **HN Ariel Black** provided me outstanding medical attention. They were very helpful and took good care of me. Their outstanding attitude and dedication to take care of me was greatly appreciated. I would like to thank them for a job well done.

Words cannot express our appreciation for the competent and professional medical care we received at **Urgent Care Clinic of Iwakuni Branch Medical Clinic**.

HM3 Charles Peebles was courteous, knowledgeable, friendly, and patient. He demonstrated superb customer service skills. He made my check-in process enjoyable and welcoming. Thanks for having an excellent staff on board.